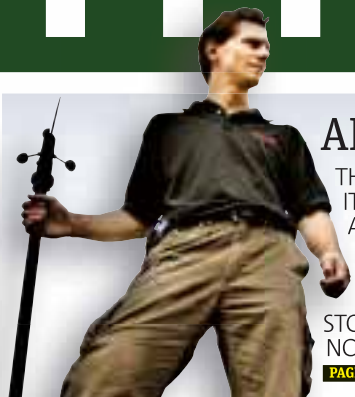


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## ALL HAIL!

THINK YOU'VE GOT WHAT IT TAKES TO KEEP UP WITH A TORNADO? ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS

PAGE 6

## Fifty shades of gore

The owner of a website that posted a video of student Jun Lin's alleged murder is charged with 'corrupting morals'

PAGE 5

## Olé, Olenka!

London folk-country band Olenka and the Autumn Lovers are heading out on tour to promote the release of their new album

PAGE 9

## Who you gonna call?

Why, Lorraine Warren, of course. The veteran ghost hunter (model for The Conjuring) talks about her hair-raising career

PAGE 10

## Wolseley changes could cost millions

## Military barracks.

Scramble on at city hall to recoup possible losses



MIKE DONACHIE  
mike.donachie@metronews.ca

## Wolseley Barracks bucks

- \$604,000: 2012 payment from Wolseley Barracks to the city in lieu of tax.
- \$618,000: 2013 payment to the city.

Bulldozers haven't even started revving their engines at Wolseley Barracks, but alarm bells are already ringing at city hall.

The true value of London's military base is a big one for city coffers and, like the song says, you don't know what you've got till it's gone.

The federal government paid \$1.22 million to the city over the past two years based on the value of the buildings at the site. Starting this summer, eight of those buildings are to be demolished, costing the city untold thousands of dollars in revenue.

Although Ottawa doesn't pay property taxes, it does

make payments in lieu of tax, city officials said Wednesday. They are worth more than \$600,000 a year.

The scramble to keep the land viable — and valuable — started within hours of the Department of National Defence confirming offices and barracks at the south end of the site will be the first to go. Demolition dates for other buildings on the property, which is bordered by Oxford Street to the north and Elizabeth Street to the west, will be set in the future, officials have said.

Mayor Joe Fontana has asked the city's MPs to help him with a land grab that would see parts of the barracks taken over by

the city for community use. He said it has happened with defence department ground in the past.

Coun. Stephen Orser, whose ward includes Wolseley, has one simple aim for it: Housing.

"The logical fit would be to sell the site off and develop it into compatible housing in the area, which would recover the lost income," he said on Wednesday.

Then again, he noted, what happens isn't up to municipal politicians. "We really don't have a choice in the direction Wolseley Barracks goes," he said. "It's up to the feds, not us."

London North Centre MP Susan Truppe would like to see heritage buildings on the property protected.

But, she said: "If they are going to demolish the buildings and sell the land, if it's going to create jobs in London, then I'm all for that, if it's going to stimulate our economy."

"If they build houses or apartments it's still going to create jobs."



## SPLISH, SPLASH, SPLOSH!

Makayla Legendre, 8, of London, takes a soaking on Wednesday afternoon in Gibbons Park as the temperature soared to 32 C. It felt like 45 C with humidity figured in, Environment Canada says. The heat wave that's clinched the area since Monday will soon be releasing its grip, forecasters say. Story, page 2; and Voices, page 8. ANGELA MULLINS/METRO

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## Rookies rallying round the diamond

Devon Bell gets his bat on a ball tossed by London police Const. Theresa Allott on Wednesday during Rookie League Ball, a six-week program that gets kids living in public housing out on the diamond. This marks the 20th season that London police, the London and Middlesex Housing Corporation and Joe Kool's restaurant have teamed up for the program. Kids involved range from about eight to 10 years old and pay no fees to play.

SCOTT TAYLOR/METRO



# Ramping up power to battle heat wave

**Sweet, sweet megawatts.** As the temperature climbs, area is inching closer to record usage



SCOTT TAYLOR  
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The heat wave we're enduring may have thousands of air conditioners whirring at warp speed, but we haven't come close to breaking a power record — yet.

The mark that still stands seven years later was reached on Aug. 2, 2006, when Londoners broke the bank with 719 megawatts of power, London Hydro's Nancy Hutton said.

As it turns out, a record for the number of tornadoes in a

single day in Southern Ontario was also set that day with 17 touching down. Environment Canada's website doesn't list the humidex for the date, but the temperature itself hit 32.6 C.

Hutton stressed that only two days of extreme heat have occurred thus far, so while our power usage hasn't been extraordinary, there's still a chance it will rise between now and Saturday, when things are expected to cool off a little.

London used 646 megawatts Monday, and that was increased to 666 megawatts Tuesday. With the humidex peaking at a steamy 45 C at 3 p.m. Wednesday, expectations were that consumption would rise again, especially after 5 p.m. "We definitely see spikes around the dinner hour," Hutton said.

One segment of the population most affected by the

### Cooler times ahead

- **Thursday:** 32 C, will feel like 44 C
- **Friday:** 32 C, will feel like 42 C
- **Saturday:** 26 C, will feel like 33 C
- **Sunday:** 21 C, will feel like 25 C

Source: The Weather Network

extreme heat is the homeless, who have few options when it comes to cooling off, says Mission Services of London.

As the temperature soars, Londoners are urged to stay indoors, visit air-conditioned places, wear hats and loose clothing, and drink plenty of liquids. But for many people, that's easier said than done.

"Most people think the summer would be much easier than the wintertime for those who are homeless," said Doug Nemeth, coordinator of community mental health programs. "But in the summer, people seem to think they're perfectly safe being outdoors."

In fact, that's not the case at all. The dangers that exist on a hot, sunny day are far more invisible and harder to predict.

Sunburns, heat stroke and severe dehydration are some of the dangers for those who spend their days and nights on the street. Access to cold water, light clothing, even a cool place to rest are oftentimes impossible to find.

Mission Services suggests people help with donations of bottled water, sunscreen, hats and loose clothing. Items can be taken to 459 York St.

### Snakes in a cottage

## MNR issues cottage country warning

Officials are warning vacationers to take precautions in cottage country this summer, with six massasauga rattlesnake bites reported so far this year.

The eastern massasauga rattlesnake, which lives in areas around Georgian Bay and the Bruce Peninsula, is Ontario's only venomous snake.

A spokeswoman for the Ministry of Natural Resources says the number of bites so far this summer is "unusual" — in general, people don't report bites until August.

Jolanta Kowalski says this year there are three factors prompting early-summer interactions between rattlesnakes and humans.

She says it's mating season so the snakes are active, and cooler weather in June meant snakes stayed in the uplands instead of moving to cool off in the wetlands, where there are fewer people.

And with cottage season in full-swing, Kowalski says more humans are taking to snake habitats to relax.

Still, it's important to keep it in perspective, she says. "You're much more likely to be hit by lightning than to be bit by a massasauga rattlesnake."

Kowalski said most bites are a result of people trying to handle the snakes or accidentally stepping on them.

"The massasauga rattlesnake would prefer not to have any interaction with people," said Kowalski. "It's not a vicious snake by any stretch of the imagination."

If someone is bitten by a massasauga snake, the next step is to go to a nearby clinic or hospital, she said. **THE CANADIAN PRESS**

# Fanshawe-bound teen was 'always smiling'

Josie Ainsworth was a vibrant, bubbly 17-year-old student who had moved to London from the Ottawa Valley to attend classes at Fanshawe College in the fall.

A week after she arrived, Ainsworth was killed when she was hit by a car while rushing across a north London street to catch a city bus Sunday.

It was just before 5 p.m. The weather was warm and clear. And, faced with missing



Josie Ainsworth  
FACEBOOK

her bus, she turned and ran.

"She was always smiling, always the life of the party," said Katie Vanderbraak, who had been

friends with Josie since the second grade.

The girls attended high school together and worked together at the Tim Hortons in Almonte before Ainsworth left to begin her new life.

"She knew how to make you laugh, and she never stopped smiling," Vanderbraak said.

"No one saw her with a frown on her face. And she had such a big heart. She had a boyfriend at Fanshawe, and I've never seen someone

more in love."

The news of Ainsworth's death floored her: "We heard it almost right after it happened. It's just so sad," Vanderbraak said.

Ainsworth's father, Brent, said his daughter was a tireless volunteer, who was excited about the move to London.

"I've been a volunteer in the community for 25 years. She worked side-by-side with me volunteering in many or-

ganizations, but she was completely happy, and so enthusiastic with what was going on that it's just so sad this had to happen," he said.

He said Josie wanted to be an event planner after she graduated from Fanshawe.

The driver of the Honda Civic that hit her won't be charged, police have said. The car was crossing the intersection on a green light.

SCOTT TAYLOR/METRO



# Safety the special of the day

## Food inspection.

DineSafe program that was launched in 2010 credited for abundance of green Pass signs in most recent checks



SCOTT  
TAYLOR

scott.taylor@metronews.ca

Ever wondered about the cleanliness of the restaurant, hotel or bar where you're about to chow down?

No need. The Middlesex-London Health Unit has your back.

And, as it turns out, local eateries are doing a pretty good job on their own accord.

Dave Pavletic, the health unit's manager of environmental health, said 98 per cent of the roughly 1,800 establishments inspected in London and Middlesex County passed their most recent inspections.

While he doesn't have hard before-and-after numbers, the unit's DineSafe program —

## Public health

The Middlesex-London Health Unit has about 23 full-time public health inspectors.

- On average, most will inspect three to five locations a day.
- Among the things they look for is an effective pest-control program, adequate sanitation processes and good personal hygiene practised by food handlers.

launched in fall 2010 — could be helping things along.

"Out of all those inspections, there have only been about 30 conditional passes, so the vast majority are green signs," he said. "DineSafe could be one of the contributing factors."

"The awareness is out there, the operators know that the inspection results are going to the website, so there is awareness of the program."

As part of DineSafe, food-inspection results, whether



Big Bee convenience store (236 Wellington St.) is one of many places serving up food that has earned the Middlesex-London Health Unit's stamp of approval through the DineSafe program. SCOTT TAYLOR/METRO

they're from the dining room of a classy hotel or a cooler at the corner gas station, are easily accessible to the public.

The program includes posting coloured signs in windows, remaking an establishment's grade from its latest food-safety

inspection well known to anyone considering a bite.

Even more telling is the DineSafe website that shows inspection results for every eatery in the city. Every violation, regardless of its severity, is posted there.

It's a good way to keep hungry patrons healthy, Pavletic said.

"Our key objective with DineSafe was just to provide inspection results for the public because they wanted to see them," he said.

## Digital signs

### Cineplex makes offer on London company

Cineplex has made a conditional offer to buy London-based EK3 Technologies.

Based in Toronto, Cineplex is best known as the operator of Canada's largest chain of movie theatres. EK3 provides in-store digital signs for major retailers and financial institutions.

Cineplex says acquiring EK3 will complement its own digital-sign business, which has Scotiabank, CIBC and Rogers among its client base. **THE CANADIAN PRESS**

## Toy retailer

### Mastermind to open new store

Mastermind Toys is opening a second store in London, creating 20 jobs.

The retailer, which has operated a store on Fanshawe Park Road West since 2011, will open at 3120 Wonderland Rd. S. at the end of August. **METRO**



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## Get your taste buds ready. Londonlicious festival expands menu to spas

If tantalizing your taste buds wasn't enough, this year's Londonlicious food festival invites Londoners to top it off by indulging in some pampering, as well.

Londonlicious kicks off Friday and runs through Aug. 11, offering discounts for signature meals on specialized lunch and dinner menus at more than 35 local restaurants.

Getting out of the sweltering heat and avoiding a hot stove are added bonuses to the savings, organizer Andy Wilson said.

New this year is Beautylicious, which has 20 spas and salons tendering their own array of bundles from mani-pedi deals, facials and even a dip in a mud bath. The offerings are aimed, at least in part, at Londoners who typically wouldn't indulge in the luxuries.

"Pamper yourselves, remember why you work so hard," Wilson said. "Beautylicious is brand new. If you usually don't have the time and money, this is a great time to do it with new venues, new salons."

Depending on how much coin you want to drop, Londonlicious and Beautylicious have a package for you, Wilson said.

Beauty packages range from \$35 to \$125. Lunch menus are priced at \$15 and \$20 with dinner ranging from \$25 to \$35.

JEREMIAH RODRIGUEZ/FOR METRO

### On the web

- For the full rundown, check out londonlicious.ca and beautylicious.ca.

## Professor charged. Online-luring probe nets arrest: London police

Police have arrested a 59-year-old Western University professor after an Internet-luring investigation turned up weapons and a small amount of marijuana in a Heathcote Avenue house.

Graham Wagner is charged with two counts of telecommunication with a person under or believed to be under 16 years old for specific criminal offences and two counts of the same charge involving person under or believed to be under 18 years old.

Wagner also faces four counts of storing a firearm carelessly along with a drug possession charge. Weapons found in the Heathcote Av-

### Other news

- Alexander Gubbels, 44, is facing charges as part of an Internet-luring investigation that led police from London and Strathroy-Caradoc to search a Mount Brydges home on Tuesday.

enue home included two shotguns and a .22-calibre rifle.

A spokesperson for Western confirmed that Wagner taught there in the physiology and pharmacology department. He is suspended from his job. **METRO**

### Your thoughts

#### Library's future is up to you, London

The London Public Library is asking people to share their thoughts and experiences as it drafts a new strategic plan.

The plan, dubbed Library Space is Community Space, aims to reinvent the library's physical and virtual spaces to meet short-term along with long-term demand.

There's also a survey on the library's website, londonpubliclibrary.ca. **METRO**

### Move night

#### Free movies coming to park

The city is teaming with the London Youth Advisory Council and a host of sponsors for a series of free movie nights at Victoria Park.

Movies will start at 8 p.m., with Back to the Future kicking things off Monday. Other films being screened are The Lion King (Aug. 7), Ratatouille (Aug. 21) and BBC's Planet Earth (Sept. 4). **METRO**



Kristen Arnel, centre, plays the keyboard with a little help from her classmates, from left, Josh Willick, Jacob Bilty, Sabrina Kember and Briar McCaw.

MIKE DONACHIE/METRO

# Kids learn more than jazz at camp

## Gaining confidence. Different approach to teaching makes piano lessons more sociable



MIKE DONACHIE  
mike.donachie@metronews.ca

At one music school the kids have been redefining cool this week.

Summer-camp activities may be widespread, but

at Alpha Music Services in south London the Cool Keys Camp was doing something different.

"The main idea is to expose the kids to music outside of the regular piano lessons using jazz and pop skills as the vehicle," said Derek Oger who, with Brian Usher, was running the camp.

"They're learning how to improvise in jazz style, also experimenting with different sounds on the keyboards. They gain confidence by not having to read the music so much."

The different, more relaxed approach to music gets the young musicians "off the page" and having fun, Oger said.

"The social interaction is really huge," he added. "With piano lessons, everything's so isolated all the time."

"Here they're engaged for three days and get to know each other really well, and hopefully look forward to their piano lessons again."

The camp ended with a recital for parents on Wednesday.

### A few key points

- The three-day music camp invited budding jazz pianists between 10 and 18 years old.
- It was supported by the national charitable organization Conservatory Canada and a donation by the Good Foundation in London.

## Festivals to mark Colombian Independence Day



Organizer Jose Rey  
JEREMIAH RODRIGUEZ/FOR METRO

Colombia's 203rd Independence Day will be rung in with two weekend festivals, each boasting a healthy lineup of live music, dancing and authentic Latin American cuisine.

Both events are free, giving people the perfect chance to soak in London's very own pocket of Latin American culture.

Things kick off Saturday with the second-annual Colombian Latino American Festival from 1 to 11 p.m. at Covent Garden Market.

With performances throughout the day by international bands, Latin orchestras and even some flamenco dancers, organizer Jose Rey says it will be the "perfect atmosphere for Londoners to

share in the Latin American community we love so much."

Rey says London needs this kind of energy — in a celebration of not only Colombia but Latino culture as a whole.

The party continues at 11 a.m. on Sunday with the inaugural Latino Super Festival in Greenway Park (50 Greenside Ave.).

JEREMIAH RODRIGUEZ/FOR METRO

# Evasive owner of gore website faces jail time

**Corrupting morals.** Edmonton man charged for posting alleged Magnotta video online



ANNALISE KLINGBEIL  
Metro in Edmonton

The Edmonton owner and operator of a "shocking" gore website has been charged for posting a video allegedly sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September 2014 for the murder and dismemberment of Lin, whose

severed body parts were mailed across the country in spring of last year.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

"I've never heard of that charge before ... I believe this may be the first time it's ever been laid in Edmonton," said EPS Staff Sgt. Bill Clark.

Clark said two Edmonton detectives from the homicide section were assigned to the case in June of 2012 and worked to track down the site's owner and operator.

Cops located Marek in Edmonton in February but still had not obtained enough evidence to charge him.

The day after he was located, Marek left the country and Canadian Border Services was notified.

On July 10, Marek landed in Vancouver and his laptop, hard drive and USB keys were seized. Police still didn't have enough evidence to lay charges.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.



## Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro stands before a judge during his arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. Castro pleaded not guilty to 512 counts of kidnapping and 446 counts of rape, among other crimes. TONY DEJAK/THE ASSOCIATED PRESS

### First Nations

## Leaders seek food security from feds

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security for aboriginal people.

A spokeswoman for Aboriginal Affairs Minister Bernard Valcourt has said the current federal government was shocked by the findings. **THE CANADIAN PRESS**

# Hey there, Canada!



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# Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: The storm chaser. George Kourounis, full-time chaser and former host of the TV series *Angry Planet*, reveals the secrets to survival in his dream job.

RITA POLIAKOV  
rita.poliakov@metronews.ca

CONTRIBUTED/GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for Canadian George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

## Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

## Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly towards us ... and a herd of cattle that would not get out of my way," he said.

## Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsup's you'd better stop for a burrito — no matter how unappetizing — or the fates will be against you.

## Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go. "No photo's worth dying for," he says.

## Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel arrangements. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay \$35 per second.

## Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find them:

- Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June).
- Dixie alley:** Mississippi, Alabama, Tennessee (March and April).
- Northern plains:** Dakota, the Canadian Prairies (Summer).
- Southern Ontario:** The corridor from Windsor up to Barrie (May to August).

## Moving targets

# 1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

# Gear up and get going

## Strobe, emergency lights

These help to illuminate the road, essential at night.

## A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

## Radio

This is Kourounis' link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.



RITA POLIAKOV/METRO IN TORONTO

## A trustworthy car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

## GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

## More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.



#### Icelandair agreement

### Porter Airlines signs deal to gain access to Europe

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

Porter is a regional airline based in downtown Toronto. **THE CANADIAN PRESS**

#### Lac-Mégantic

### Train co. in Quebec derailment lays off 25% of staff

The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province, citing the disaster's impact on the business.

Montreal, Maine and Atlantic Railway has laid off 19 of its 75 workers in Quebec, the United Steelworkers Union said. The train staff are not the only ones suffering. "Those who lost their jobs in Lac-Mégantic ... have been forgotten," said a cook at a restaurant near the blast zone. **THE CANADIAN PRESS**

# Original idea: 'KFC eleven' goes boneless, drops colonel



KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. **KFC/THE ASSOCIATED PRESS**

#### But is it still finger lickin' good?

The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more upmarket restaurant.

The fried chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC

#### Would Col. Sanders approve?

John Cywinski, president of KFC, said in an interview the company hoped to use the new test location to learn how it can update its offerings and draw in a broader customer base, particularly women.

locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

**THE ASSOCIATED PRESS**

#### Market Minute



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# STUPID SUMMER AND ITS HEAT

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am spe-



HE SAYS

**John Mazerolle**

metronews.ca

cially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

**Cold comfort: Beating the heat and staying healthy during the summer**

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity

Sidney Crosby does during every single stoppage in play.

- Be warned that breathable clothing is surprisingly difficult to breathe.

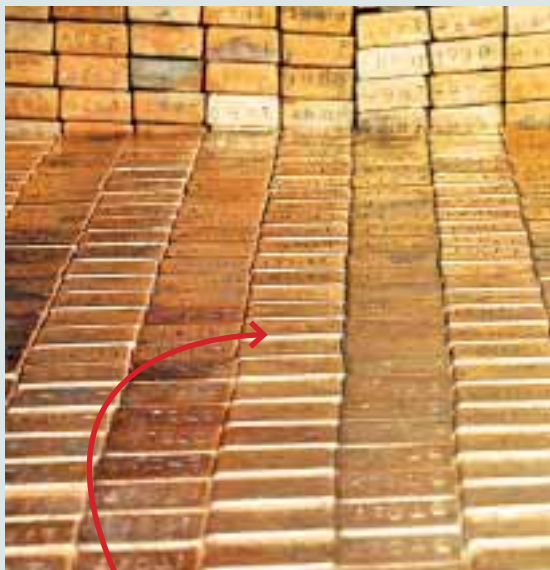
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful.

Or perhaps they left you cold. If so, you're welcome.

## ZOOM

## When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

### Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**



FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

### Glowing after a burst

## 3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars. The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles. The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days. Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

### Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

### Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.

### Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

### Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is

long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/\$3.99)

### Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/\$2.99)



BYRN LENNON/GETTY IMAGES

### Letters and Comments

**RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17**

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where

people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image.

**Danielle Goyetche posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



# Living the Polish-Canadian dream — vacation time and all

**It's Alright.** Olenka can't wait to share her 'emotionality' while the band roams around promoting new album



**BACKSTAGE PASS**  
Mila Petkovic  
london@metronews.ca

Newly signed London orchestral folk country band Olenka and the Autumn Lovers are heading out on tour with their newest seven-inch album, *It's Alright*.

"I can't wait to be back on the road and on vacation," says Polish-Canadian singer/songwriter Olenka Krakus.

"Our summer tour will give us a chance to promote our latest releases, but it's also an excuse for some time off, before we dive back into the grind of album production again."

The band kicks off its two-week Ontario-Quebec-New Brunswick tour on Tuesday July 23 in Peterborough. With six albums under its belt, shows at festivals like NXNE and Pop Montreal and a live performance on CBC's Q, this London band is on the rise.

After touring, the group plans to write and record a new full-length album to be released in spring on Zunior Records.

"I want to come back home, hunker down, and once we have more new material, we'll perform and re-



Olenka Krakus, leader of London's Olenka and the Autumn Lovers, is about to hit the road fresh off the band's release of *It's Alright*. COURTESY/OLENKA KRAKUS

lease it in our hometown," says Krakus, who is pursuing a doctorate degree in English literature at Western University.

The album deal with Zunior (better known as an online distributor for the Canadian indie market) includes national distribution through Outside Music for the band's sizeable back-catalogue.

"I have been funding everything out of my own pocket, and now I have a little extra help. The goal for me is to do this and pay the bandmates, and not starve," says Krakus, who started

playing her dad's old classical guitar when she was 15.

Her father was peripherally involved with the solidarity movement against the dictatorship in Poland during the Communist era. The family left before martial law was declared in 1981, but many of her father's friends ended up in Siberian work camps.

"Not having stability when you are a child marks you. I think my intense emotionality is something that comes out in all my songs," says the artist, whose Eastern European influence comes through in songs like

## Around town

- **On the screen.** Third Thursday at Museum London features a screening of the documentary *Alias*, followed by a performance from the film's rappers. Tickets are \$10.
- **Tunes and art.** The Home County Music and Art Festival is celebrating its 40th anniversary Friday to Sunday in Victoria Park. Admission is by donation.

Warsaw Girl, Berlin and Soldier's Waltz.

Krakus is also driven to write socially conscious music.

The album *Hard Times* is about the emotional impact of the economic crisis. The

song *No Coins* explores the impact of government cuts to music and arts funding in schools.

The band's next London performance will be Sept. 7 during A Festival of Poland at the Covent Garden Market.

# 2 SCENE

## more meals in minutes

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Last Week: 1 / Weeks on List: 5



## 2. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's *Inferno*.

Last Week: 2 / Weeks on List: 8

This Week

Last Week Weeks on List

- |  |    |    |
|--|----|----|
| 3. THE EYE OF GOD James Rollins                    | 3  | 4  |
| ★ 4. THE SECRET KEEPER Kate Morton                 | -  | 1  |
| ★ 5. THE ENGLISH GIRL Daniel Silva                 | -  | 1  |
| ★ 6. FIRST SIGHT Danielle Steel                    | -  | 1  |
| 7. SILVER STAR Jeannette Walls                     | 7  | 6  |
| 8. THE FIRE WITNESS Lars Kepler                    | 8  | 6  |
| 9. BEAUTIFUL DAY Elin Hilderbrand                  | 9  | 4  |
| 10. ZERO HOUR Clive Cussler                        | 10 | 8  |
| 11. THE SECRET RACE Tyler Hamilton                 | 11 | 5  |
| 12. SECOND HONEYMOON James Patterson               | 6  | 3  |
| 13. THE KILL ROOM Jeffery Deaver                   | 13 | 7  |
| 14. REVENGE WEARS PRADA Lauren Weisberger          | 5  | 7  |
| 15. TRANSATLANTIC Colum McCann                     | 15 | 7  |
| 16. WILD Cheryl Strayed                            | 16 | 16 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 13 |
| 18. FLIGHT OF THE EAGLE Conrad Black               | 12 | 9  |
| 19. BEST KEPT SECRET Jeffrey Archer                | 19 | 12 |
| 20. THE GREAT DEGENERATION Niall Ferguson          | 4  | 5  |

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22<sup>nd</sup>

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# Clairvoyant predicts a Conjuring sequel

## Lorraine Warren.

Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest



NED  
EHRBAR  
Metro World News in Hollywood

The *Conjuring* is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

### The film really is based on true events

In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing. They would phone me and let me know. Most of it, yeah, it's really true.

### She's now a big Vera Farmiga fan

(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

### She knows how to deal with skeptics

What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

### She's confident there will be a sequel

If this is a big hit — and it sure is showing signs



Vera Farmiga, right, plays Lorraine Warren in *The Conjuring*. THE ASSOCIATED PRESS

### Quoted

"If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it."

Lorraine Warren

of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water

the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home.

This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed."

He said he saw the image of the doll in the rearview mirror and totalled his car.



# Netflix's house of cards are refusing to topple

**Emmy Awards.** House of Cards and Arrested Development may become first online series to take big TV nominations

If Netflix's House of Cards and Arrested Development on Thursday become the first online contenders to nab top Emmy nominations, it will be a breakthrough moment for shows making a splash without the aid of a TV set.

If not, it's just a matter of time before the inevitable happens.

The video universe that once meant broadcast television, then added cable and satellite, has splintered again to encompass websites including YouTube and streaming services including Netflix and Amazon.

The expansion was recog-

nized in 2008 by the Academy of Television Arts & Sciences with a rules change that added the Internet as an eligible Emmy platform. As with broadcast networks and other video distributors, programs must reach more than half of the U.S. audience to make the cut.

When the Emmy nods are announced early Thursday, a fair number of pundits say clever political drama House of Cards and Arrested Development, the offbeat sitcom resurrected by Netflix after it was dumped by Fox, will be in the awards hunt.

The series are tagged for possible top drama and comedy bids, with House of Cards stars Kevin Spacey and Robin Wright and Arrested Development cast members including Jason Bateman, Jeffrey Tambor and Jessica Walter seen as contenders for acting nominations.

There have been Internet nominees before, such as last year's Web Therapy and 30 Rock: The Webisodes in a short-

## New era?

As for this year's potential game-change, with these series making waves without the aid of TV, "It certainly is a marker of the new era. ... It will send shock waves through the industry," said Tim Brooks, a former network executive and TV historian who co-wrote The Complete Directory to Prime Time Network and Cable TV Shows.

format category, but not in the premier fields of acting and best series. Online shows competing with Emmy champs Breaking Bad and Modern Family will be the 21st-century version of the watershed 1990s showings by HBO's The Larry Sanders Show, The Sopranos and Sex and the City in those high-gloss categories.

THE ASSOCIATED PRESS



Arrested Development was resurrected by Netflix after being dumped by Fox and may be in the Emmy hunt. HANDOUT



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

# Justin Timberlake dusts off his Suit & Tie for the VMAs

**Nominations.** Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's Mirrors, Macklemore & Ryan Lewis' Thrift Shop and Mars' Locked Out of Heaven will battle Robin Thicke's Blurred Lines and Taylor Swift's I Knew You Were Trouble for video of the year. Timberlake's Mirrors and Suit & Tie are up

## Watch it

- **Airing live.** The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS

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Taylor Swift

## Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles

would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.



Kate Middleton and Prince William

## Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin,

tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Cranston says he very nearly had a dark Walter moment

MELISSA TUBB  
Metro World News in New York City

Playing a character like Walter White on *Breaking Bad* means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who

was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.



Johnny Depp ALL IMAGES GETTY

## Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on

a trip to Tokyo to promote *The Lone Ranger*, according to *Us Weekly*. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

### Twitter



@JuddApatow  
Stress is a great funk remover.



@AlbertBrooks  
Maybe I'm old fashioned but putting the Boston bomber on the cover of *Rolling Stone* is a terrible idea.



@Sethrogen  
You know what's awesome about falling off your bike and breaking your elbow? Not a f—in' thing.

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# Resort to shopping in this time of transition

## Clothed in confusion?

Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN  
GILBERT

Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Roksanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the

best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."



ROKSANDA  
ILINCIC



Transitional collections such as the ones pictured (all resort 2014) are growing in importance.



Chanel



JW Anderson

## The cheat sheet

### The fashion calendar

In the clothing business, it's the equivalent of the Gregorian calendar — instead of Christmas and Easter you get autumn/winter and spring/summer, with a slew of other runway shows in between.

### Women's ready to wear (RTW)

These collections show twice a year, with the major focus on New York, London, Paris and Milan. They usually feature higher-priced showpieces that you'll see in magazines, on celebrities and editors throughout the season.

### Resort

Also known as cruise or pre-collections, designers show these commercially orientated lines twice a year in the four major fashion capitals. Unlike RTW, there are no centralized venues or schedules.

### Couture

Couture shows in the same manner as RTW, with a set calendar of shows, but is a completely different concept, focusing on rarefied, exclusive, painfully expensive custom garments. Fewer designers will show here. This is one for the big boys.

### Men's RTW

One of the most recent additions to the fashion calendar, men's RTW is organized just like its female counterpart. This is where the more avant-garde menswear trends come from.

3  
THE

# Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a \$300-a-head meal at a three-Michelin-star restaurant?

These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home cook.

But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

**Start to finish: 2 hours**

**Servings: 4**

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly

## Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

## Sweet Raspberry Leather

blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way. **THE ASSOCIATED PRESS**



The finished product is a versatile, tasty treat. AP PHOTO

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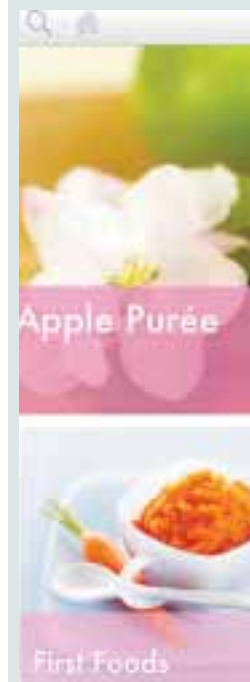
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# The perfect guest room, coffee and all

I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost. At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones. The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

## Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

## Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD player will allow quiet time before turning out the lights in the guest room.



Buy a good mattress so your guest can have a luxurious night's sleep. A double bed will do if space is a concern. ISTOCK IMAGES



Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, \$40, URBANOUTFITTERS.COM

Tight and tidy espresso makers offer a morning sip before leaving the room. NESPRESSO U CSO, \$199, NESPRESSO.COM



Neutral-coloured cotton towels. WHOLE HOME HOTEL COLLECTION, FROM \$12, SEARS.CA

An area rug helps to muffle sound and create a quiet environment.

TARNBY NATURAL RUG, \$149 FOR 6'X8', IKEA.COM



Cool, light colours tend to make a small space appear larger and brighter. YVONNE DUIVENVOORDEN PHOTOGRAPHY



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# Got 99 problems but my yard ain't one

**Grass.** Homeowners opting for something more functional and less demanding

Grass isn't always the best groundcovers for a yard: It's thirsty at a time when water is becoming scarce; it attracts fewer pollinators; it requires expensive chemicals to maintain and it must be disposed of if you bag as you mow.

That's why many property owners are downsizing their lawns or simply eliminating turf grass.

"We're recommending ecosystem changes provided by a more productive landscape, instead of a monoculture from grass," says Susan Barton, an extension horticulturist with the University of Delaware. "A lawn should not be a default vegetation, but it should be more purposeful. More diverse."

She suggests four alternatives to turf grass: landscape beds, meadows,

woods and paved, permeable hardscapes.

"All of these provide more ecologic service," she says. "We're talking clean water. More habitat for insects. More oxygen taken in and less carbon dioxide given off."

Barton helped get a county landscape ordinance passed a decade or so ago allowing "managed meadows" to replace grass in residential front yards. These no-mow areas filter water, encourage the return of native plants that provide food and cover for wildlife, and still have curb appeal.

"A managed meadow isn't simply a matter of letting your grass grow long," she says. "It means mowing paths through it and adding edges where needed. If people think about it and make it look good, there's no reason why it shouldn't be part of suburbia."

Downsizing or replacing turf isn't simple or cheap, but it can be done in stages. Start with your toughest-to-grow or hardest-to-mow



The lawn remains the centrepiece in this yard but was greatly downsized and shaped by a landscaped perimeter consisting of furniture, statuary and a variety of perennials. DEAN FOSDICK/THE ASSOCIATED PRESS

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sections.

"Use the 80-20 plan where 20 per cent of your area requires 80 per cent of your maintenance," says Evelyn Hadden, a founding member of the Lawn Reform Coalition and author of *Beautiful No-Mow Yards* (Timber Press, 2012).

"Hillsides are a good example," Hadden says. "The steeper they are, the more difficult they are to mow. Replaced with the proper plants, they can moderate (water) runoff."

Other replaceable options include boulevards, driveways and pockets overgrown by weeds or moss.

"Look first at areas

where the grass is already suffering — that strip along the street that's hard to water or trampled by people getting off the bus," says Pam Penick, a garden designer from Austin, Texas.

Use ecological grasses if you don't want to eliminate turf, Penick says.

"Fine fescue lawns grow slowly and can get by with less rainfall and less mowing. Those are good options for people who want to fit in with their neighbourhoods but don't want to be slaves to their lawns," she says.

Or "consider ornamental grasses," she adds, or "some of the new groundcovers

(aromatic herbs, succulents, low-growing shrubs, ferns, hosta). Edibles. Larger shrubs. You can have a nice-looking yard yet be conservation-minded."

Any lawn renovation project should be regionally appropriate, however.

"What we're really talking about is using native vegetation," says the University of Delaware's Barton. "Xeriscaping is a great concept for the Southwest or areas that are dry, but those kinds of plants would drown here. Rain gardens would be a better addition given the amount of moisture we've had recently."

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# When it's OK to use the F word — flea market

**Second home.** A bungalow on the beach can be decorated into the perfect haven

Second homes, designed for relaxation, are often decorated with hand-me-down furniture and other cast-offs from the owner's main living space.

But, say interior designers, a bit of creativity can transform a small vacation home into a place to combine family heirlooms, funky flea-market purchases and a few new pieces, with style and on a budget.

"Second homes are all about the three F's: family, friends and flea markets," says designer Brian Patrick Flynn, founder of Flynnside Out Productions. "There are really no rules, but the one thing to keep in mind is that second homes are the best place to showcase your personality by filling them with one-of-a-kind pieces packed with sentiment and history."

Some ideas for getting this laidback, layered style:

## Mix and match

A mix of decorating styles is great; just don't overload the space, says HGTV host

Sabrina Soto, a judge on this season's HGTV Star.

"Mixing in multiple elements can create an overwhelming and cluttered interior," Soto says, so "avoid over-accessorizing with knickknacks and space holders."

She also advises against "grouping a certain style in one corner and the other style in another."

Go ahead and combine two plaid chairs with a floral sofa, though. Kyle Schuneman, author of *The First Apartment Book: Cool Design for Small Spaces*, recommends mixing the scale of the patterns but keeping the scale of the furniture the same.

"So if you have a small sofa, keep the side chairs in that same scale. Then with the fabric in the room, for instance, use a small pin-stripe, a medium plaid and a large graphic pattern as your three mix-ins. By keeping the patterns in a different scale, it keeps it from getting too busy and fighting each other for attention," he says.

Colour can also help one piece stand out: Paint an old wooden dresser a bold yellow, Schuneman says, then "keep the other pieces muted with just textures of metals and woods."

## Flea market finds

Second homes are often in small towns with weekend flea markets and antique shops. Flynn suggests mixing your own family hand-me-downs (your grandfather's old reading chair, say, or your dad's collection of Hardy Boys books, or a painting made by a relative) with flea-market purchases that connect with your personal history.

For the kitchen of his weekend home in the Hollywood Hills, for instance, Flynn bought a vintage Circle K sign at the Rose Bowl Flea Market.

"I grew up in Fort Lauderdale, Fla., and spent a ton of time at the Circle K on weekends" getting ready for the beach, he says. "Every time I walk past the dining room, I kind of feel that carefree, beachy feeling all over again."

A vintage item picked up for \$5 can sometimes become the star of a room.

"My living room walls are completely covered with flea-market art picked up for next to nothing. Best part? Everyone always asks me what gallery I source all of my amazing art from," Flynn says.

## Maximize small rooms

Second homes are often small, so decorate with that



A living room designed by Brian Patrick Flynn, where he uses a colourful red, white and blue palette balanced by wood tones and muted browns to create a rich, layered look in this weekend home. THE ASSOCIATED PRESS

in mind.

"A cluttered space will always appear smaller," Soto says, so keep a smaller room clean.

She suggests hanging

shelves to keep items off the floor, and using mirrors to make rooms appear larger and brighter.

"Incorporate pieces with dual purpose, such as storage

ottomans, which can act as seating while concealing your clutter," she says. "Stacking chairs or nesting tables are great, too."

THE ASSOCIATED PRESS

## Housekeeping myths

### Dusting an oil painting



**CHARLES THE BUTLER**  
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For more, visit charlesmacpherson.com

If you are lucky enough to have an oil painting in your home the question that will come up at some point is, "How do I clean it?" Well, let's discuss this for one minute, as there are two stages to cleaning this type of painting.

## The frame

This should always be dusted with a fine soft powder makeup brush as needed.

You want this type of makeup brush as it will not damage the wood frame and will not remove any of the gold that may be on the wood frame.

Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly

dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush. Never use the vacuum tool directly on a wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

## The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art!

This should be the rule of thumb that you always practise at home.

Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing.

This in my estimation is a huge mistake. Always use the advice of an art expert/curator to advise how best to proceed.

Imagine if you had some oil painting handed down for several generations and you were

unknowingly to ruin the painting using such a technique and then find out this was a priceless Picasso that had been lost and was now worth nothing because you damaged the surface.



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Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

# McIlroy to Faldo: Keep the change

**British Open.** Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

## Quoted

**"You're going to go through highs and you're going to go through lows. It's just about trying to work your way out of the lows."**

Rory McIlroy, on his recent struggles.

McIlroy won his second major title last summer with a runaway win at the PGA Championship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo seemed to join that group

when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel

like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intends to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

## No women allowed. Male-only clubs don't damage game: Head of R&A

Pragmatic yet defiant, the head of the Royal & Ancient issued a Hootie Johnson-like salvo in the latest battleground over male-only golf clubs: The British Open will not yield to pressure over three of its venerable clubs refusing to admit female members.

The way Peter Dawson looks

at it, to compare this to racial or religious discrimination is "absurd."

At his customary news conference on the eve of the British Open, the R&A chief executive faced a barrage of questions Wednesday about the no-women-allowed membership at Muirfield and two

of the other nine venues in the tournament rotation, Troon and Royal St. George's. He was prepared for the issue, reading from notes that made it clear he believes single-sex clubs do little harm to the game and have largely been targeted by the media, politicians and interest groups. THE ASSOCIATED PRESS

## 2014 World Cup

### FIFA president second-guesses choice of host site

FIFA president Sepp Blatter said Brazil might have been the wrong choice as host of the 2014 World Cup if the tournament is affected by social protests like those as at the Confederations Cup last month.

Hundreds of thousands of Brazilians took to the streets during the warm-up tournament in June, demanding better public services and expressing their anger over the costs to stage the World Cup.

"If this happens again we have to question whether we made the wrong decision awarding the hosting rights," Blatter told German press agency DPA on Wednesday.

THE ASSOCIATED PRESS

## Doping

### Canadian trainer denies supplying sprinters PEDs

The Canadian trainer for Asafa Powell and Sherone Simpson insists he didn't give the sprinters performance-enhancing drugs and says it's time for them to take "responsibility for their doping instead of looking around for a scapegoat."

Powell, the former 100-metre record holder, and Simpson, a three-time Olympic medalist, tested positive for the stimulant oxilofrine last month.

Their agent, Paul Doyle, contends something in the new supplements the sprinters were taking caused it and Toronto's Chris Xuereb "is the one that provided those."

THE ASSOCIATED PRESS

## Cry for respect



**"It's not fair to blame someone without evidence against**

him. We demand more respect for Chris and for all the riders."

Gianni Bugno, president of the Association of Professional Riders, on Chris Froome, pictured, who is facing questions over whether or not he is riding clean in the Tour de France. Froome extended his overall lead to four minutes 34 seconds by winning the 17th stage on Wednesday. The last rider to carry as many stage wins as Froome to Paris was Lance Armstrong.



Royal & Ancient chief executive Peter Dawson GETTY IMAGES



## Horoscopes

### Aries

March 21 - April 20

There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

### Taurus

April 21 - May 21

It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

### Gemini

May 22 - June 21

When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

### Cancer

June 22 - July 23

Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

### Leo

July 24 - Aug. 23

If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

### Virgo

Aug. 24 - Sept. 23

Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

### Libra

Sept. 24 - Oct. 23

You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

### Scorpio

Oct. 24 - Nov. 22

You need to exercise self-discipline when dealing with financial matters.

### Sagittarius

Nov. 23 - Dec. 21

If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

### Capricorn

Dec. 22 - Jan. 20

Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

### Aquarius

Jan. 21 - Feb. 19

Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

### Pisces

Feb. 20 - March 20

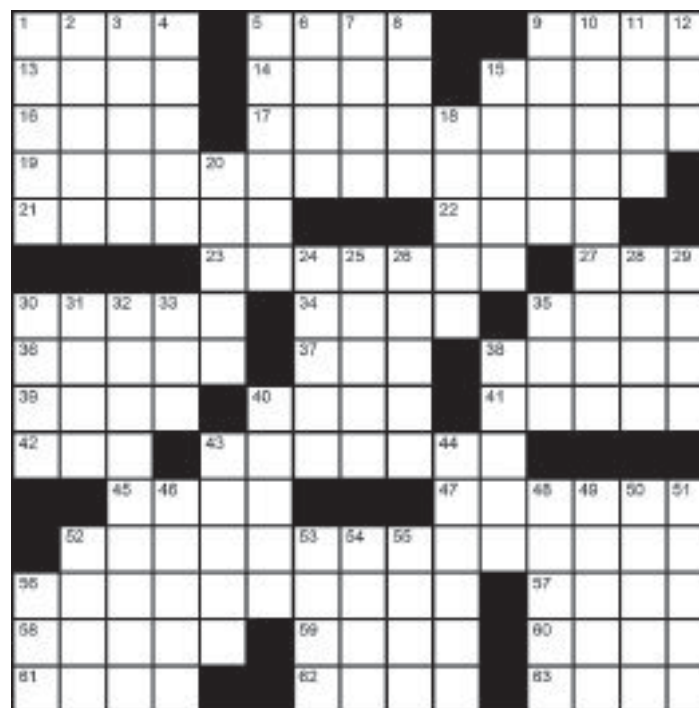
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. \_\_\_ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravelings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "\_\_\_ -Di..." (Beatles song title bit)
47. "Birthplace of New Scotland" in Nova Scotia



### Down

2. Mr. Baron Cohen
3. "I Can't \_\_\_"
4. Empire of Peru
6. Rhyme Time: Hissy, Missy, \_\_\_
62. Clutter
63. Caustics
59. Advocate
60. Empire of Peru
61. Rhyme Time: Hissy, Missy, \_\_\_
62. Clutter
63. Caustics

64. Satisfaction" by The Rolling Stones
65. Austrian composer Joseph (b.1732 - d.1809)
66. Food-in-a-basket fun
67. Ancient Syria's biblical name
68. "Holy \_\_\_!"
69. Crop

70. Does labour
71. Niagara Falls, The \_\_\_ Capital of the World
72. Make \_\_\_ stop (Be driving, do this)
73. US airport screening org.
74. Ms. Chanel's
75. Documents for filling out

76. Retort to "You are not!": 3 wds.
77. Busting
78. Because of: 2 wds.
79. Mountains in South America
80. Gambler's input
81. Brit singer Ms. Stone
82. Scheduled time, as with a Dr.
83. Positive
84. Documents from process servers
85. Cannes conjunctions
86. Lady's man
87. "The Beachcombers" character
88. Sandra's "Speed" (1994) co-star
89. 1st Greek letter
90. Supposes
91. One of Roseanne's TV daughters
92. Politely mannered
93. Go \_\_\_ length (Do whatever it takes): 2 wds.
94. Small quantity
95. \_\_\_ directed (Prescription warning): 2 wds.
96. Morse Code bits
97. Be a rock band musician
98. U2's land
99. Falls behind
100. 1101 in ancient Rome

## Wednesday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Wednesday's Sudoku



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